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# homemakers' chat

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U. S. DEPARTMENT  
OF AGRICULTURE

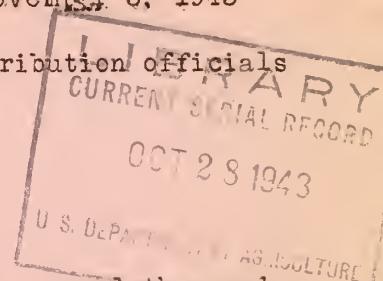
Wednesday, November 3, 1943

SUBJECT: "Adventures of Tom Soya". Information from food distribution officials  
of the U. S. Department of Agriculture.

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Have you tried any of the soya products yet?



We Americans have been pretty much behind the times. For several thousand years, the soya or soybean has been essential in keeping the Chinese in good health...and we're only just learning. But especially in wartime, when we're struggling to balance both budgets and ration books, we're glad to hear of a food that's plentiful and cheap, as well as good for us.

Yes, plentiful. Farmers are harvesting more than 200 million bushels of soybeans this year...nearly five times the number they harvested in 1937...and that's a lot of beans. Next year we're planning on an even bigger crop...

Will all these soybeans be used? They certainly will be! Soya flour and grits are on the market now for civilians to use in cooking. And the flour and grits are being added to some commercial products like bread, macaroni, pancake mix, and sausage. Soybeans also have many other uses. Farm families use the soybean meal, to feed livestock. Soybean oil is used for cooking, as a shortening, and in margarine...in soap and soap products...in paint, linoleum, oil cloth, medicine, printing ink, and synthetic rubber. And there's even a soft wool-like material we can make from soybeans! We'll soon be able to wear, eat, and use our soybean crop in any number of ways.

Of course, in these days, we're most interested in soybeans as food. The Armed Forces, the Red Cross, our allies, and the liberated countries could take just about every pound of soya products we have, if we'd let them...we're sending a lot already, in soups, stews, cereal and meat products. But a good share



has been budgeted for us civilians. Last year we ate about 30 million pounds of soya products...this year we'll have at least 360 million pounds, or twelve times as much. Here's a food that'll really be plentiful, no matter what else may be short...and soya is really nourishing, too.

Did you know...soya flour contains more high quality protein per pound than any other food we can get in quantity today? Children need protein foods for growth...grown-ups need lots of protein to keep their muscles and tissues in top working order -- especially men and women doing hard physical labor. And here's a cheap way of getting this kind of food. Let's compare the protein in soybeans with other protein foods -- in terms of our own pocketbooks...Meat is nearly one-sixth protein. If a pound of beefsteak were 30 cents, a pound of meat protein would come to about \$2...As for milk -- with milk at 15 cents a quart, a pound of milk protein would also come to about \$2...But soya flour contains 50 percent protein. At a price of about 15 cents for a pound of the flour, a pound of soya protein costs only 30 cents. Quite a saving!

That doesn't mean soybeans are equal in every way to meat, milk, cheese, and eggs...each food has its own place in the diet. But let protein-rich soya help out when supplies of these foods run short...for example in many recipes soya can take the place of 20 to 25 percent of the meat! No matter how we look at it, soya products are a good bargain, and can add a lot to our meals. For soya contains more than just protein for food value. Soya also has three of the B vitamins, important for steady nerves, good appetite, and general well-being...and some valuable minerals, too.

There's one thing we want to remember about soya, though. That is: Follow the recipe carefully, as you would for any food that's new to you. Whether it's straight soya flour or soya grits, or a pancake or other mix with soya added,

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follow carefully the recipes on the package...use the right amount in the right way. The main job of soya is to steo up nourishment. Don't expect it to take the place of wheat flour in thickening a sauce or gravy or as the only flour in bread-making--it hasn't the necessary starch or gluten....And sometimes you may think the recipe calls for too much liquid -- but remember soya flour and grits are "thirsty" foods and fairly drink up moisture...And be generous with your seasonings. When you mix soya with meat or other flavorful foods, you "extend" the meat, but you also spread out the flavor...You can count on foods with soya browning quickly. Soya flour and grits give a richer brown and crisper crust to baked foods and to sausage, fried mush, and potato cakes.

Maybe you wonder what's the difference between soya grits and soya flour. Soya grits are not big pieces like most grits you may have used, but are more like cornmeal. They're best in meat and fish dishes, in an omelet, vegetable casserole, with hot breakfast cereal, in spoon bread or Indian pudding. Try the flour in breads, cream soups, sandwich fillings, and other dishes where you're using a finely ground flour. And you can use either one in sausage cakes, potato cakes, dumplings, some soups, and puddings.

Speaking of recipes...here's how you can get some. U. S. Department of Agriculture home economists have made more than a thousand tests of soya products. And they've just published some of the recipes they developed in a folder called Cooking with Soya Flour and Grits. If you want to stretch your meat supply, there are recipes for soya meat loaf, soya meat balls, chile con carne with soya. Or try codfish cakes with soya, to stretch the fish; soya omelet or soya cheese souffle to stretch your eggs and cheese. You'll also find tested recipes for soya bread, biscuits, and muffins -- you first crisp-crusted, golden-brown soya muffins will be a real thrill, as well as good for you. And try sandwich spreads, soups, and sauces using soya. There are also recipes in the folder for four different desserts.

Write to: Department of Agriculture, Washington, D.C., and ask for Cooking with Soya Flour and Grits. Let's learn to cook with soya, the miracle food, and eat our way to good health.

